



*EAP*

*Your Wellness Connection...*

# GARDENING & Mental Health

Gardening can improve the beauty of your surroundings or put a bounty of vegetables on your plate. But it's also excellent therapy for your stressed-out mind. Below are four ways that gardening enhances mental well-being.

## **Stress Relief: Sowing Serenity**

Gardeners often take up the hobby hoping it will help them relax and unwind. There's good reason to believe they'll reap this reward. In fact, gardening may be a more effective stress-buster than many other hobbies.

## **Nutrition: Growing Brain Food**

Studies have shown that gardeners are more likely to eat their veggies than non-gardeners. It makes sense! Once they've invested the time and energy to grow a carrot or squash, they get to enjoy the fruits of their labor.

## **Exercise: Cultivating Brain Health**

Digging, hoeing, raking, turning a compost heap, and hauling garden supplies can be a serious workout. According to the American Council on Exercise, gardening activities can build muscles and burn an average of 300 calories per hour.

## **Creativity: Painting with Plants**

Planting a garden can beautify your personal landscape. It can also be a means of expressing your creativity and identity. Is your garden—and by extension, your personality—a neatly manicured plot, a bold riot of color, or a wild tangle of vines?

